

# Turkish Red Lentil & Vegetable Soup

Bialik College Kitchen Garden Program



Bialik College

## Ingredients:

- 2 tablespoons olive oil
- 2 onions, finely diced
- 2 garlic cloves, crushed
- 2 carrots, finely diced
- 1 potato, finely diced
- 2 teaspoons ground paprika
- ½ cup tomato paste
- 2 cups red lentils, washed
- 1 litre Massal Chicken style Stock
- 1 litre of water
- 1 lemon, juiced
- salt flakes & freshly ground pepper, to taste
- Mint leaves, to garnish

## Equipment:

- Metric measuring cups & spoons
- Metric measuring jug
- Chopping board
- Chef's knife
- Colander
- Citrus juicer
- Garlic mincer
- Large saucepan
- Stick blender

## Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place olive oil in a large saucepan over medium heat. When oil is hot add onions and sauté until translucent. Add garlic and cook for a further 2 minutes.
3. Add paprika, carrots and potato, stir to combine and cook for 2 minutes. Add tomato paste and cook for a further 2-3 minutes.
4. Stir in the lentils and cook for a further 2 minutes.
5. Add stock and water, bring to the boil and then simmer for approximately 25 minutes until lentils are cooked through and soup becomes thicker.
6. To finish the soup, add lemon juice, season with salt and pepper and cook for a further 5 minutes.
7. **\*Use stick blender to blend soup until smooth.** Add extra water if soup becomes too thick. Serve warm garnished with mint leaves.  
**\*This step must be completed by an adult supervisor.**